



NDCCA Coaches' Day 2022

July 28th, 2022

Century High School

MORNING SESSIONS

- 8:00-8:30 Registration
- 8:30-9:00 T-Teaching choreography
- 9:00-9:45 O-On guard with mental health
- 9:45-10:00 P- Potty Break
- 10:00-10:45 G-Get game day ready
- 10:45-11:45 U-Upgrade your cheer knowledge
- 11:50-1:30- Lunch and General Assembly Meeting (lunch provided)

AFTERNOON SESSIONS

- 1:30-2:15 N-New competition updates
- 2:15-3:30 Spirit Rules Meeting- all head coaches MUST attend one of the rules meetings
- 3:30-9:00 ASEP Sport First Aid; hands-on stunting (for those that still need to be stunt-certified)

(SEPARATE FEE AND REGISTRATION REQUIRED—NOT INCLUDED IN COACHES DAY PRICES)

TO GET A T-SHIRT THAT DAY, WE MUST HAVE YOUR REGISTRATION BY 7/11/2022

NAME: _____ SCHOOL: _____

T-shirt Size: _____ Email: _____

I AM PAYING FOR - (PLEASE CHECK ONE OF THE FOLLOWING) (A \$10 LATE FEE AFTER JULY 11)

- _____ 1. COACHES DAY REGISTRATION ONLY
(Cost \$20)
- _____ 2. COACHES DAY REGISTRATION (\$10) PLUS 2022-2023 NDCCA MEMBERSHIP (\$20)
(Cost \$30: Please fill out the Membership form in addition to this Registration Form.)

SEND REGISTRATION TO:

Billie Ann Caya
172 Boise Ave. Apt. 1
Bismarck, ND 58504

**Round Table Discussion Topics:

Food allergies: _____